

Two Onion Farm

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Week of August 21, 2016

Field news



This is the last delivery week for our summer season members. Thank you for your support! We hope you enjoyed the vegetables and you'll be back next year. Make sure to come to our Member Event in September (details below)!

This summer we can't complain about the lack of rain. We've also noticed how unreliable the weather forecast is when it comes to rain. Last Thursday evening an intense storm caught us by surprise; we hardly had time to cover 3-4 weeks worth of lettuce seedlings in our coldframe. There's more rain coming on Tuesday night and later this week. After the packing is done this morning, the crew will

weed and transplant lettuce for the rest of the day, while Chris will mow down vegetable beds we've finished harvesting. Then, most likely we will spend the rainy Wednesday in the packing shed cleaning onion and garlic - our go-to job when it is too wet outside.

Last Friday we harvested 4 varieties of apples. I missed this exciting event, because I was delivering produce that day. Our driver, Kelsey was getting ready for her sister's wedding. I did have a chance to sample them, though! Chris and Emily graded and washed them on Monday, so they are ready to go into those members' boxes who chose the additional apple share. Enjoy them!

Have a great week! ~ Juli



Who's Who at Two Onion Farm? Craig Boeke - I grew up in Ames, IA, and studied at Iowa State University. After college I worked at Mustard Seed Community Farm by Ames for one season. I moved to Dubuque in 2013 and started working for John Deere. I came to Two Onion Farm, because I wanted to work outside and I knew I was going to make a difference in the community. I am a summer worker, and I help with transplanting, weeding, harvesting and packing produce. In my spare time I like to read, cook and work with computers.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Carrot	Yes	Yes	>2 wks	
Cherry tomato	No	No	1 wk	
Cucumber	Yes	Yes	1 wk	
Garlic	No	No	>2 wks	
Leek	Yes	Yes	>2 wks	
Lettuce	Yes	Yes	1 wk	Summercrisp.
Onion	No	No	>2 wks	
Pepper	Yes	Yes	1 wk	Bianca (white) and/or Carmen (a red, sweet pepper)
Tomato	No	No	1 wk	
Squash, Winter	No	No	>2 wks	Acorn squash

Leeks - are one of our favorite fall vegetables. They have a mild, onion-like flavor. You can substitute leeks for onions in many recipes and appreciate the change in taste. Leeks can be eaten raw, but are usually cooked. Generally the white portion of the leeks and the lowest portion of the green leaves are eaten. Cleaning leeks can be tricky, because soil is often trapped in the bases of the leaves. We do our best to clean them here at the farm but you may find more dirt inside as you peel and chop. Here's what we recommend for washing them: start by chopping off the green tops, if any, to within 2 inches of the white portion. Then peel off the outer layer if it has turned slimy or brown, which happens naturally as the leeks age. Now slice the leeks and place them in a colander. Rinse the leeks under running water to wash the dirt away.

Acorn Squash - Squash should be stored in a dry place outside the refrigerator. The ideal temperature for squash storage is 50-55 degrees. However, room temperature is okay. Acorn squash only stores well for short periods. We suggest you eat it in the next week or two. We have some superb stuffed squash recipes on our website.

Apples

Akane - Crisp and tart summer apple. This variety was bred in Japan. Like all varieties we grow on the farm, Akane is scab resistant which makes it easier to grow using organic practices. It is red with a greenish yellow background.

Redfree - Crisp, juicy, low acid and mild summer apple. Bred in Indiana at Purdue University. Redfree is red on one side, pale, greenish yellow on the other.

Sansa - Another summer apple from Japan. A sweeter and aromatic variety, the skin is pale yellow with orange-red blush. We love this apple.

Paste Tomatoes

Every year we offer paste tomatoes for sale. These tomatoes are suitable for canning or freezing. You can order them to receive in addition to your regular deliveries. For more information and to order, see our [website](#).

Apples for Processing

We are offering #2 grade apples for sale. These apples have small defects but they are well suited for processing into applesauce, apple butter, cider, etc. If you are interested in ordering, please [read more details here](#).

Kids Corner



Hi! On Friday I helped my dad pick apples. I ate two. ~ Katie

Pasta Sauce with White Beans & Olives

(We received this excellent pasta sauce recipe from Chris' mom. She cooks gluten free pastawith it. A low fat recipe.)

- 2 Tbsp olive oil
- 1 large leek, sliced
- 8 oz mushroom, sliced
- 2 cans (15 oz) cannelloni beans, rinsed
- 2 large cloves garlic, minced
- 4 medium tomatoes, diced
- 1 cup chicken broth
- 1/4 cup green olives, sliced
- 1/2 cup fresh basil, sliced
- Salt and pepper to taste

1. Heat oil in a large, deep skillet over medium heat. Add leeks and mushroom, and cook until

the juice from the mushroom almost evaporates, 3-4 minutes.

2. Add the beans, tomatoes, broth and garlic. Bring to a boil and cook, stirring frequently, for 3-4 minutes.

3. Add the basil, olives, salt and pepper, and cook 1-2 minutes.

4. Serve it over pasta, sprinkle cheese on top if desired. Serves 4-6 people.

Fresh Tomato Soup

Super simple, makes 2-4 servings

- 1 lb tomatoes, cored and seeded
- 1 medium red or yellow pepper, chopped
- 1 small leek or half an onion, chopped
- 2 Tbsp fresh basil
- 1/2 cup vegetable broth
- 1 Tbsp heavy cream
- 1/2 Tbsp honey
- Salt and pepper to taste

1. In a food processor or blender combine tomatoes, pepper, leek or onion, basil; add the broth. Cover and process or blend until smooth.

2. Transfer mixture to a saucepan. Cook over medium heat until heated through. Stir in cream and honey, season with salt and pepper.